



INSIDE SPORTS - B6

A look inside the lives
of student athletes



Flu shot scares off students

By **STEPHANIE COLLINS**
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After exhausted efforts to administer flu vaccinations to students last year, Eastern has turned the service over to Madison County Health Department.

Last year, Eastern's Student Health Services could not keep up a large enough supply of vaccinations, said James VanCleave, clinical operations manager.

"With the scare of H1N1, we ran out of our supply of vaccines," VanCleave said. "By the time we had purchased more, it was too late and we had to dispose of them."

So far, MCHD has not seen as big of a turn out. After setting up in the lobby of Powell this past Monday, nurses only provided the shot, which is now combined with the H1N1 vaccine, to 10 students in the four hours they were there. These students, according to Nurse Paula Hollon, were grateful for the service and acknowledged the importance of flu prevention. However, passers-by were weary and standoffish.

"Students who walked by avoided eye contact," Hollon said. "Some even commented that they never get sick and therefore did not need to get the shot. We had a couple of fraternity students take notice of the situation and attempt to draw students in, with little reaction."

Both Green and VanCleave found it ironic that students felt invincible to sickness, because they see a number of sick students each day in Health Services and at MCHD. In fact, VanCleave has even noticed an increase in students coming in sick this year.

"We just recently broke a record of creating new student profiles in one day," VanCleave said.

"There is always a waiting room full of people," Hollon added. "If nobody is sick, why am I seeing so many patients?"

➤ SEE **FLU**, PAGE A3



TREY BURKE/PROGRESS

The first official concert presented by the Center of the Performing Arts attracted more than 200 students who packed Brock Auditorium.

Sierra Leone's Refugee All Stars give audience reason to dance

FIRST STARTED PLAYING TOGETHER AT REFUGEE CAMPS IN GUINEA

By **STEPHANIE SMITH**
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It took only one of Sierra Leone's Refugee All Stars' signature upbeat songs to get the audience in Brock Auditorium out of their seats and onto the makeshift dance floor Sunday night. The first official concert brought to Eastern by the Center of the Performing Arts, the Refugee All Stars are carried by several musicians with enough soul and rhythm to bring the audience of about two hundred to its feet almost immediately.

But the road that brought the Refugee All Stars to Richmond was most certainly not an easy one. The members, six men from the West African nation of Sierra Leone, first began playing together in refugee camps in Guinea after they were displaced by an 11-year-long civil war in their homeland.

Many of the men's family and friends were lost or killed during the war, and several of the band members still show scars from that period—two of them lost limbs to the fight-

ing. Haunted by the memories of the bloody warfare they witnessed, the group's members persevered with the help of their love for music. And they used this affinity not only to cope with their grief, but also to bring light and hope to fellow refugees in the Guinea camps.

It was then that the group realized its dream: They wanted to record their first studio album. Cameras followed the Refugee All Stars around for three years, from the camps where they fell in love with playing together to their war-torn homeland, and thus became the documentary seen around the world, named after the band.

One would think that with such a tragic history Sunday's concert would have been a somber affair, but the Refugee All Stars' music is anything but. Instead of dwelling on past experiences, no matter how terrible, the All Stars focus on making its music as cheerful as possible, celebrating life, love and freedom. The group's optimism and catchy hooks were not lost on students.

"It was a great time," said Kristin Six, a freshman nursing major from Lexington. "I was dancing the whole time. I'm really glad

➤ SEE **ALL STARS**, PAGE A3



TREY BURKE/PROGRESS

Performers celebrated life, love and freedom.

Students explore major options



STEPHANIE SMITH/PROGRESS

Students interested in learning about the various majors at Eastern had the opportunity to ask questions during the Major Expo in Powell on Tuesday.

By **CHAD ABSHIRE**
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Students unsure of their future plans had the opportunity to explore what they wanted to do while at Eastern at the Major Expo in the Powell lobby on Tuesday, Sept. 21.

It was a very crowded, yet easily navigable maze of booths representing every department that Eastern offers. Some of the departments present at the Expo included ROTC, occupational therapy, English, history and agriculture.

Many students walked around, asking questions and learning more about the various majors on campus.

Jessica Seward, 18, of Fort Thomas, was interested in psychology and consumer science, as was evident from the brochures she was holding.

"I already liked them, but I wanted to find out more," she said. "What can I do with these majors?"

Meanwhile, Jeff Ferguson, 19, of Lexington, was holding the history and com-

➤ SEE **MAJOR EXPO**, PAGE A3

Volunteer groups assist community

By **SETH LITRELL**
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Have you ever wondered what you could do to make a difference while you're in college? Brian Perry and the volunteers at the Office of Community Service have the answer to that.

The Office of Community Service, a part of the Office of Student Life, hosts programs that encourage students to volunteer for the betterment of their community.

"We plan service events on and off campus targeting multiple focuses," said Perry, the assistant director of the Office of Student Life.

Every month the Office of Commu-

➤ SEE **VOLUNTEER**, PAGE A3

Police Beat

All information is taken from Eastern police reports.

Sept. 18

■ An officer observed Michael Stoess enter Dupree Hall using foul language and was visibly upset. On contact, Stoess had slurred speech, bloodshot eyes, was unsteady on his feet and had the odor of alcohol on his person. Stoess was unable to follow verbal instruction and failed a field sobriety test. Stoess was then placed under arrest and lodged at the Madison County Detention Center for his own safety.

Sept. 19

■ An officer responded to a complaint of the odor of burnt marijuana in Telford Hall. Upon arrival, the officer was greeted by a resident that said she could smell the marijuana coming from the bathroom she shared with the residents next door. Upon contact with the resident of the next room, Brianne Bishop, the officer could smell an odor of burnt marijuana and recieved verbal permission to search her room. The officer found 6.4 g total of marijuana, two pipes, screens and a grinder. Because of Bishop's cooperation, she was cited and released.

News Briefs

Man exposes himself to students

For the second time this week, students reported encountering an unidentified man near Burnam Hall who exposed his genitals and attempted to speak with female students, according to police reports and interviews with students.

The first report came on Sunday, Sept. 19, when several students reported a man following them from their parked car in the Burnam lot. After reporting the man to their dorm's RA, the RA went outside and spotted the man walking up from the Case employee lot. When the man saw her, he then began to follow her, the

police report said.

She then retreated back to the dorm where she contacted Eastern police.

Around the same time, two women who were smoking in the Walters Hall smoke shack reported seeing a man lean against the wall at the Turley House while masturbating. After a car pulled up, the man ran away, the police report said.

Eastern officials issued a public safety announcement the next morning around 10 a.m., warning that a man was exposing his genitals to students. The man was described as Caucasian, about 6 feet tall with black medium-length hair and wearing a black shirt, blue jeans and glasses.

On Tuesday night, another student reported that a man exposed himself to her as she made her way to her dorm.

The student, a 19-year-old Burnam resident, said she was walking from her car in the Madison lot to her dorm hall around 11:15 p.m. when she heard a voice ask her if she needed help carrying her groceries.

She replied, "I'm fine." And the man then asked her: "Do you mind helping me with this?" When she turned to the voice, she said she saw a man in military fatigues and a beret, standing in the "at-ease" stance, and playing with his genitals.

"I turned and went straight to my dorm," the student said, adding that she reported the incident to the front desk, who contacted police.

The student said the man didn't appear threatening, nor did he show any signs of intoxication.

"He sounded polite when he talked to me," she said. "He had a cool demeanor, like nothing was going on."

The student said she later was interviewed by police twice, and even was asked to describe the man's genitalia.

"It's a good thing my friend has taken me on Chat Roulette (an internet video-chat service) because I've gotten used to seeing random penises," the student said and laughed.

The university issued a second public safety warning early Wednesday, carrying a similar description of the man sought. Anyone with information is asked to call Eastern police at 622-1111.

Natalie Gelman

Singer/songwriter Natlie Gelman, whose music has been compared to that of Sheryl Crow and Jewel, will be performing from 12:30 p.m. until 3:00 p.m. on Sept. 23 at Powell Corner.

Students Fight Back

Award-winning speaker Erin Weed, founder of Girls Fight Back, will have a presentation at 7 p.m. on Sept. 23 in Brock Auditorium as a part of New Student Days activities.

Carol Kaesuk Yoon Chautauqua

Carol Kaesuk Yoon, biologist and New York Times writer, will deliver the third Chautauqua lecture of this semester on "Naming Nature: The Clash Between Instinct and Science" at 7:30 p.m. on Sept. 23 in the Ferrell Auditorium of the Combs Building.

Broken Scales: Obesity and Justice in America

EKU Libraries' next Colloquium will be moderated by Matthew Winslow and devoted to the discussion of obesity in America at 3:30 p.m. on Sept. 24 in Crabbe Library 204G.

Pink Ribbon Run

The Pink Ribbon Run 5k race around Eastern's campus will be held from 8 a.m. until 11 a.m. Sept. 25 and will begin at Alumni Coliseum. All proceeds will go to the Susan G. Komen foundation. Pre-register by contacting the Be the Cure committee at ekugreeklife@eku.edu or register at the race.

Paddle Out Pollution

Eastern's Student Life office will go to Canoe Kentucky in South Elkhorn for an afternoon of paddling, floating and cleaning up the Kentucky River from 11 a.m. until 5 p.m. on Sept. 25. Transportation, boats, paddles and life jackets will be provided. This is a free event, but space is limited. Sign up by contacting Brian Perry at brian.perry@eku.edu.

The Servant of Two Masters

EKU Theatre will present their

first play of the semester, comedy "The Servant of Two Masters" at 8 p.m. Sept. 29 at the Gifford Theatre. Contact Jim Moreton at 622-1323 for more information.

Happenings

THURSDAY

12:30 - 3:00 p.m. - Natalie Gelman at Powell Corner

7:00 p.m. - "Students Fight Back" in Brock Auditorium

FRIDAY

3:30 p.m. - "Broken Scales: Obesity and Justice in America" in Crabbe Library 204G

4 p.m. - Soccer vs. Murray State at home

SATURDAY

8 - 11 a.m. - Pink Ribbon Run at Alumni Coliseum

11 a.m. - 5 p.m. - "Paddle Out Pollution" at Canoe Kentucky

SUNDAY

12 p.m. - Softball vs. Miami University at Oxford, Ohio

1 p.m. - Soccer vs. Tennessee-Martin at home

TUESDAY

5 p.m. - Tuesdays with the Counseling Center: "Stress: It's in the Mind of the Beholder" in SSB 568

WEDNESDAY

8 p.m. - "The Servant of Two Masters" in Gifford Theatre

9 - 11 p.m. - Bingo in Keen Johnson Ballroom

Weather

THURSDAY
Mostly Sunny
High: 94 Low: 68
Precip: 0%

FRIDAY
Partly Cloudy
High: 90 Low: 62
Precip: 10%

SATURDAY
Isolated T-Storms
High: 78 Low: 57
Precip: 30%

SUNDAY
Scattered T-Storms
High: 70 Low: 57
Precip: 40%

MONDAY
Showers
High: 73 Low: 54
Precip: 40%

TUESDAY
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WEDNESDAY
Few Showers
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Source: Weather.com

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GUARDIANS: THE OWLS OF GA'HOOLE [PG] 1:30 4:00 6:35 9:05	ALPHA AND OMEGA [PG] 12:05 2:20 4:50 7:05 9:25
GUARDIANS: THE OWLS OF GA'HOOLE -3D [PG] 12:15 2:45 5:15 7:40 10:05	THE TOWN [R] 1:10 4:20 7:10 10:00
WALL STREET: MONEY NEVER SLEEPS [PG-13] 12:40 2:10 3:40 5:10 6:40 8:10 9:40	THE OTHER GUYS [PG-13] 1:05 4:15 6:55 9:35
YOU AGAIN [PG] 11:55 2:25 5:00 7:30 10:00	THE EXPENDABLES [R] 12:00 2:35 5:00 7:30 10:00
DEVIL [PG-13] 12:00 2:15 4:30 7:00 9:40	RESIDENT EVIL: AFTERLIFE 3D [R] 12:05 2:30 4:55 7:25 9:50
	EASY A [PG-13] 12:10 2:40 5:10 7:30 9:45

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FLU

CONTINUED FROM A1

In addition to believing that they simply just do not need it, students often have pre-conceived notions about flu vaccination. One scare shared by many is that the vaccine will make them sick, which prompts them to say, “Why get it?”

“You cannot get the flu from the flu shot,” Hollon said. “What happens is it takes two weeks for the vaccination to build immunity in the body.”

During this time, people sometimes come in contact with the flu, or they will have already come in contact prior to the vaccination. This is often due to getting the shot late in the season, Hollon said. This is why it is so important to act early.

The cost is 25 dollars. This might also play a part in the decline of students receiving the shot, considering they were not paying out of pocket for it last year. However, many students did not know that health services are included in tuition each semester. Also, insured students can have MCHD bill their provider. For students without insurance, Student Health Service offers different payment plans.

“Either way it is cost effective,” said MCHD spokesperson Christie Green. “Students are resistant to pay 25 dollars for the vaccine, but if they come in contact with the flu, they could miss up to two weeks of school.”

The next date that MCHD nurses will be offering vaccination is from 10 a.m. to 2 p.m. on Monday, Oct. 4 in the Powell lobby. Contact MCHD at 623-7312 for more information.

VOLUNTEER

CONTINUED FROM A1

nity Service has programs for students to get involved in, such as blood drives or weekends devoted to community service.

“It’s at your convenience,” said Michael Mazzotta, a junior who has been involved with student volunteering since his freshman year. “We’re very considerate of the students’ time.”

Students who choose to volunteer would do so on Friday and Saturday, and have the day off on Sunday. Some of these volunteer trips include going to locations such as Natural Bridge and Lake Cumberland to help clean the environment.

For students who want to take community service to the next level, the Office of Community Service also offers Alternative Breaks.

These are weeklong events during which students travel to various locations across the U.S. and even beyond its borders, performing an assortment of services. Some locations students have visited include Manhattan, New Orleans, Costa Rica and Honduras.

“They’re designed to be intense service as well as cultural immersion,” Perry said. Students on the Alternative Breaks will take part in a wide variety of service activities, from raising HIV and AIDS awareness in New York to fighting homelessness and hunger in Georgia.

Mazzotta reflected on an Alternative Break he took to Honduras, where he built houses with Habitat for Humanity.

“It was grueling work; we had to make our own bricks and haul them to the build site without heavy machinery,” he said.

“We take a lot for granted here (in the U.S.), just thinking that bricks and machines will be there for us.”

Miles Owen, a community service intern at the Office of Student Life, led an Alternative Spring Break trip to Charleston, S.C. There, he and other student volunteers helped turn an old beach property into a community center.

“The spring break trips are phenomenal,” Owen said. “We’d work during the day, and at night we got to hang out at the beach or go hang out in downtown Charleston.”

Future locations for Alternative Breaks include Atlanta, Ga. in the fall and the Mojave Desert in spring 2011.

Students who don’t want to travel or don’t have free time during breaks have other options on campus and in the Richmond community as well. Perry said students wanting to get involved with local community organizations only need to visit him in the Office of Student Life, where he connects people who want to get involved with community partners. Perry and the Office of Student Life also act as consultants for students trying to start their own volunteer group. All of this is in addition to various on campus events.

The Office of Community Service hosts a Social Justice Film Series, where a new film raising awareness about community action is shown every month. During the week of Oct. 18, the Office of Community Service will have a blood drive for Make a Difference Day, as well as other events celebrating the day.

Students who want to get involved in volunteering can go to the website communityservice.eku.edu or join the Facebook group “EKU Office of Community Service.”

ALL STARS

CONTINUED FROM A1

I came.”

As the Refugee All Stars finished up its set and said its thank yous, it was clearly evident that the crowd hadn’t had enough yet, and they gave the group a standing ovation.

“You want some more? We want some more!” bandleader Reuben Koroma said as the band once again took the stage for another song.

After the concert, the band met with fans for pictures, autographs, and



FELICE SMITH/PROGRESS

Students dance during Sierra Leone’s Refugee Concert.

praise. “I loved it,” said Jaden Kilmon, a photography major from Hestand. “Diversity is something we should celebrate.”

MAJOR EXPO

CONTINUED FROM A1

puter science brochures.

“I’m undeclared, because I don’t know what I can do that can make me happy,” Ferguson said. “Talking to professors is way more helpful than reading the student catalog.”

The professors and other faculty working the booths answered students’ questions like, can someone get a job in a certain field, or what is this particular major really about? To en-

courage students to stop at their booth, many majors had items to give away.

The occupational therapy booth, which was run by two professors, had unusual gifts for students. One of the professors at the table, Shirley O’Brien, said she has been teaching at Eastern for “a long time” and knew the importance of free items.

“You’ve got to have something to give away,” O’Brien said. “It hooks people and gets them asking questions.”

And there was symbolism in what her table was giving away – antenna toppers and nail files.

The nail files are related to hygiene and other therapeutic skills, while the antenna toppers, which were spherical, represented the neuroscience foundation in the body in relation to therapy, O’Brien said.

The Expo may take place during the spring semester as well, said Steven Emmel, the event’s coordinator.

“I invite every department on campus and they send representatives here,” Emmel said. “We focus on undeclared students and the orientation classes as well. This lets them come out and learn about what is available to them.”



KATY SAWYER/PROGRESS

Scott Wiles listens to a professor speak about the nursing program.



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PERSPECTIVES

Perspectives 4

Thursday, September 23, 2010

www.easternprogress.com

Lindsay Huffman, editor

Week's events elicit safety concerns

During the past week, three separate events brought outside attention to Eastern. First, a female employee was struck by a vehicle at the intersection of Kit Carson Drive and Daniel Boone Drive last Thursday. Then, on Sunday and Tuesday night, a male exposed his genitals to two female students near Walters Hall. Various media outlets covered these stories, and a public safety bulletin was sent to the entire campus through e-mail the morning after the second incident.

While these events were completely unrelated, their occurrence begs the question: how safe is Eastern's campus?

Traffic safety and personal safety are two very different facets of security, obviously. But shouldn't students, faculty, staff and visitors feel safe on Eastern's campus in every way? Reports about injured pedestrians and unidentified perverts will not set anyone's mind at ease about how secure the campus is.

Thankfully, most of the time, safety issues are not as extreme as the past week's events. But that doesn't mean people aren't still scared of trekking across campus in the dark, or waiting

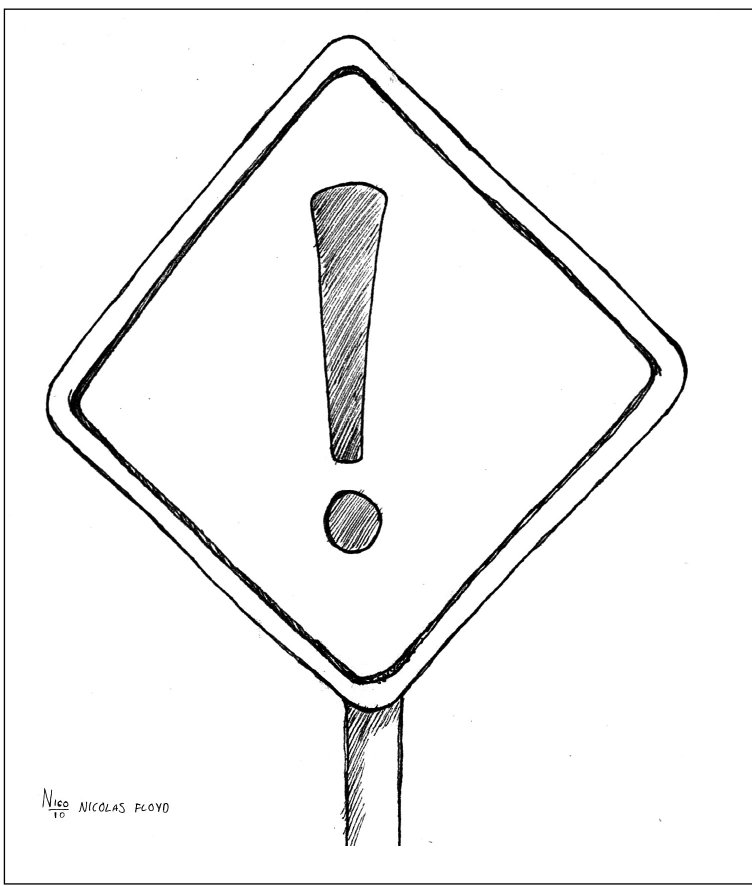
alone for a ride.

While the university is usually well known for its safety measures and the efforts of Eastern Police, safety measures and police officers can't protect the entire campus by themselves.

And feeling secure isn't just about theoretical entities or rules—it's mental. It's a condition of the mind where a person can feel confident that he/she can walk across campus with a small chance of becoming a victim of some random event.

According to statistics reported to the FBI about crime at Eastern, there were seven violent crimes, three cases of forcible rape, three robberies, one incident of aggravated assault, 252 property crimes, 64 burglaries, 186 cases of larceny-theft and two motor vehicle thefts in 2009 alone.

Who takes the blame for these events? It is Eastern's responsibility to keep its students and workers safe, but it is not the responsibility of the university to be everyone's mother and make sure people behave correctly.



Of course, Eastern has certain obligations to fulfill. Broken streetlights, the lack of lights in certain areas of campus (i.e., The Ravine), the lack of security cameras in certain areas (areas where, for instance, some of the 252 property crimes occurred)—these concerns can and should be addressed by the administration and campus police.

On the other hand, the university isn't the sole factor in these situations.

One person who commented on the pedestrian story on The Eastern Progress website made a very good, albeit subtle, point about this topic. The commenter wrote, "I have to cross through that crosswalk, usually multiple times a day, and it's scary how many drivers are not

mindful of the pedestrians or other drivers."

As this person points out, one of the main problems with safety at Eastern lies in personal responsibility.

If you're driving, watch where you're going. If you see a stop sign, stop and make sure there aren't pedestrians crossing. If you want to try and impress someone, flashing your genitals is probably not the best way to do so. And if you see someone doing these things, then it's your responsibility to report them.

Safety doesn't just magically appear; people have to work together and take certain steps to get there. You can't always rely on other people to take care of you, so it's important to step up and use some common sense.

If Eastern wants to avoid more crime and embarrassing events, then security measures will have to be tightened and people will have to start taking some personal responsibility. If the people on campus don't work together to improve its safety, consequences more serious than unwanted attention are bound to occur in the future.

Don't let pride turn you into a 'village idiot'



No one wants to believe that he or she is a party pooper. People want to perceive themselves as relaxed individuals who go with the flow rather than being uptight and boring.

Unfortunately, there are some people out there who are simply uptight and boring. Not that it's always a bad thing—it is usually these people who keep the rest of us in check.

Me, on the other hand? I'm part of the former group. I like to try new things, go to places I've never been, do things because they're completely random and hey, who knows if I'll ever get the chance to do that again? I like to adhere to the "live like you're dying" philosophy because, in essence, we don't know how much time we have left in our lives. All in all, I'm a fairly laid-back, adventurous person.

Or so I thought.

Three weekends ago, I went to a Renaissance Festival.

If that's not nerdy enough, take in the fact that my friends and I drove two and a half hours to get to this particular festival in Ohio.

But I'm enough of a geek to admit that I was pumped. Two of my friends were decked out in Renaissance attire, complete with a long, green princess dress for one and a gypsy costume for the other. I was too cheap for an actual costume, so I dressed in a blouse and skirt that made me look like a peasant. The other person in our party was dressed normally, which helped me to remember that I live in the 2000s, not the 1500s.

Because as soon as the four of us stepped through the gates of the castle—I'm not even joking—it was like stepping back in time. There were some people selling garlands, a Robin Hood-esque figure, a man selling flowers and the costumes looked like they had been made in the Renaissance. And most of the visitors were dressed up, too. Needless to say, this festival was a big deal to these people.

As my friends and I traveled down the dirt path, occasionally stopping to look

at a really cool sword or chain-mail armor, I tried to take pictures and take in how much effort had been put into this.

I became distracted by a group of festival workers congregating on the commons. They, of course, were in their dresses and britches, and there were some musicians mulling around. Before I could begin to wonder what was going on, the most regal member of the group, a woman acting as a noble person shouted to the public that a dance performance would be starting soon.

We sauntered over to the benches in front of the common area and watched as the group counted out the simple, yet fun-to-watch steps and watched as the group moved in lines, came together into a circle and spun each other around. It was all very entertaining—a very nice way to start the day.

Until the last act, when the workers asked the audience to join them for a simple dance.

I would never claim to be proficient at many things, but that usually doesn't stop me from trying. However, I know myself, and there are

some things that I know I should never do, and especially not in public.

Dancing is probably at the top of that list.

So when a woman whose clothes were basically covered in patches begged me to join my friends and dance, I flat out refused, sorry.

I was beginning to be embarrassed by the begging, but I was stubborn enough to not give in. Then, the noblewoman who announced the dance performance and was obviously the leader of the group, came over to me and basically threatened me. She said that Patches knew all about being fireproofed—and I did notice some burnt places on her clothing—and that if I did not dance, I would be fireproofed as well.

Um, sorry, the answer's still no.

That's when Miss Noblewoman bent down and said, "Do you see that man over there?" She pointed to a guy who had danced every dance and was bouncing around, looking kind of crazy. "He's our village half-wit, and he can do this dance. If you say you can't do this dance, then you're

admitting that you're a complete idiot."

Lesson one of the week: don't try to be smart.

"Well, I guess I'm a complete idiot then," I responded. I should've known something bad was coming when I saw the glint in Miss Noblewoman's eye as she straightened up.

"Alright, then," she said. Then she turned to the rest of the festival and said, "Everyone, we have here a complete idiot! This lady has just admitted to it."

Talk about mortifying. I kind of hoped the earth would open up and either swallow me or spit out someone else onto whom I could shove my new title of idiot. But that didn't happen.

And as I watched and recorded on video my three friends doing the very simple dance, I couldn't help but think about my mom, who loves the song "I Hope You Dance" because she always wants me and my brother to take chances.

But I didn't dance. I had the opportunity and probably would have avoided a lot of humiliation if I had just let go. But no, the uptight, scared, stubborn Lindsay overcame the fun, adven-

turous, go-with-the-flow me. And now, Patches and Miss Noblewoman will forever remember me as the village idiot, as well as my friends, whom I know will never forget that moment.

And, I thought as we walked away from the commons, I would never forget it either.

Especially not after getting "fireproofed" by Patches, which consisted of her sneaking up behind me on my way to the lavatory and flicking water from a pail right into my face.

So my life lesson of the week is, simply, don't be the village idiot. Yes, know your limits, but also know that people will appreciate your effort more than your refusal. If I had danced and been completely horrible, at least I could have escaped feeling a bit better because I had tried. But I sat on the sidelines and missed out on the fun.

But don't worry about this idiot, because I fully plan on attending the Ohio Renaissance Festival next year and rectifying my mistake. I will go and I will dance, even if I'd rather joust, and I will reclaim some of my dignity. Huzzah!

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Missing nugget teaches perseverance



My Turn
Kristie
Hamon

It started as a regular trip for some fast food. I ordered chicken nuggets.

I opened my 10-piece box of nuggets and thought, “Something isn’t quite right.” I began to count the nuggets.

Then I made a discovery that would change my outlook of fast food restaurants forever.

There were only nine nuggets in my box of 10 chicken nuggets!

This is where my dilemma arose.

I couldn’t go back and be like, “Um, excuse me. You only gave me nine nuggets . . . I want my 10th nugget.” I would look completely ridiculous and there would be no way for me to prove that I hadn’t eaten the 10th nugget and was just after a bonus.

But on the other hand, why would someone really file a complaint about one missing nugget unless it was a legitimate claim? If someone wanted to steal some nuggets, I’m sure there are better ways that would get them more than just one.

Is the recession so bad that restaurants are intentionally giving their customers a nugget less

in order to save money? Or is this the McDonald’s way of making America less fat, one nugget at a time?

I felt slighted. It may have only been one chicken nugget, but I paid for that food. I was really excited about eating a whole 10-piece that day.

You might think, “It’s one nugget! You’ll live!”

And you would be correct; I will live without that nugget, but I will live on knowing that I may not always get my money’s worth of nuggets and that I should cherish every one I get because the next 10-piece I order may only contain nine, or even eight.

You may laugh now, but wait until it happens to you.

If I were anywhere else other than a fast food restaurant and I was sold one less item than I paid for, I think you may have seen my point differently.

If I were in a grocery store and paid for four candy bars and the cashier only bags three of the bars, it wouldn’t seem out of the ordinary for me to come back with my receipt and show customer service that I didn’t make it out with all of my items.

I guess the problem here is that McDonald’s doesn’t have a customer service desk.

I decided, the passive person I am, not to complain about my missing chicken nugget and go on with my day, despite the lingering emptiness I felt for the

nugget.

A few days later, I went to a different fast food restaurant and ordered their chicken nuggets. As I learned from my last experience, I opened the box and began counting the nuggets.

This time, I couldn’t believe it. Instead of the eight nuggets I was supposed to get, I had nine and a half!

From this I must conclude that if you are slighted something that you were really enthusiastic about—in my case, a chicken nugget—life will eventually reimburse you in some way, so don’t give up on something that you really want because of one bad experience. Believe in the power of chicken nugget karma.

Should free speech have limits?



My Turn
Bryan
Reynolds

A couple of weeks ago, near the anniversary of 9/11, a preacher from Florida announced that he and his congregation were going to burn copies of the Quran. After a few days of heated arguments from the media and politicians, the preacher, Terry Jones, finally decided to back down.

However, a random man in New York City seemed to have been inspired by Jones, prompting him to tear up and burn a copy of the Quran at the Ground Zero mosque site.

The man was very proud of himself after his display, and Jones might have been, too. In fact, I’m sure a lot of other Americans were just as impressed. After all, this is America and we have the First Amendment here. That means we can do or say anything we want and no one can stop us.

A couple of days later in Kashmir, India, when the government announced that the holy text had been desecrated in America, thousands of people took to the street in protest. They burned a Christian missionary school and clashed with police. Thirteen people were killed, and dozens more were injured.

I wonder just how proud the man who burned the Quran would be after learning that his actions led to the deaths of innocent people? Is Terry Jones feeling all righteous now?

There’s an old saying, chances are you’ve all heard it, “The pen is mightier than the sword.”

With a gun, a person can take a life. With the right words, a person can essentially do the same thing—and potentially do even more damage than that, as the protests in India illustrate.

Thanks to the Constitution, we refer to free speech as a right. But maybe it shouldn’t be. We can basically say what ever we want so long as it doesn’t put people’s lives directly in jeopardy.

For instance, we can’t walk into a crowded theater and yell “Fire!” The panic that would ensue would put people in danger, and that would amount to a criminal offense.

But isn’t that what these two men did with their Quran burning stunts? Thirteen people lost their lives as a result of their actions. Free speech is a right, but it also can be a dangerous one. It’s one that everyone enjoys, and yet many don’t hesitate to abuse it to fulfill their own agenda.

For instance, take the preacher who visits campus every so often shouting his hate speech to anyone who has the misfortune of passing by. Does he actually believe everything he is saying or is he merely trying to get a rise out of people? With all the camera people present, filming his every move, I’m under the impression that he’s just trying to start something so he can sue the school and make a bit of easy money. His “free speech” seems more along the lines of an elaborate con.

Or how about the Ku Klux Klan and other neo-Nazi groups? Should they be allowed to publicly spew hate because of the First Amendment? Racial hatred has been a disease upon this world for hundreds of years, but it doesn’t need to be that way any longer.

It seems that people who want to just live and let live outnumber the hate-mongers these days, and yet we allow these people to continue. Is it because we actually believe they have the right to their views or are we just obsessed with preserving the tradition of free speech? It’s not like their exercise of free speech produces anything of value.

I am all for free speech. I have an opinion on everything and a lot to say. I’m happy when I actually get to say it. But maybe free speech should be licensed, like owning a gun or driving a car. That way, we can keep the hate-mongering to a minimum and maybe save some lives.

Or maybe that’s the whole point of free speech? It can be ugly. It can be abused. And maybe that’s better than the alternatives.

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66						67				68			

Across

1. Book part
5. Wooden pegs
9. “Major” animal
13. Poets do it
16. Hacienda hand, maybe
17. Corridor
18. Twisted into thread
19. Observant one
20. Experienced
22. ___ Today
23. Arctic sight
25. Shrink in fear
27. Pakistani river
30. “___, humbug!”
32. Voting “nay”
33. Dirty
34. “Chicago” lyricist
35. Write quickly
38. Grassland
39. Ancient Asian empire
41. “Uh-uh”
42. Lively intelligence
44. Chucklehead
45. “God’s Little ___”
46. “___ Town Too”(1981 hit)
47. Babysitter’s handful
48. Oozes

49. Large cave
51. The America’s Cup trophy, e.g.
53. Biddy
54. Punjabi believer
56. Neural transmitters
59. Sunburn relief
61. Quick cleaning
64. Ballyhoo
65. Oversees text content
66. “Eh”
67. Nervous twitches
68. Intimidates

Down

1. Drink from a dish
2. Brio
3. “Not to mention ...”
4. All in a hand
5. The “N” of U.N.C.F.
6. Bauxite, e.g.
7. Rubberneck
8. Stop flow of
9. Bull markets
10. Extreme dislike
11. Lush
12. “___ and the King of Siam”
14. Asian weight units
15. Appraiser

21. Polytheistic Neo-Pagan religion
24. Declines
26. “___ any drop to drink”: Coleridge
27. “Cast Away” setting
28. Denials
29. Gossamer
31. Deep cavity
34. “C’___ la vie!”
35. Bit of a draft
36. “Star Trek” speed
37. Cleaning cabinet supplies
39. Buenos ___
40. “___ of the Lock”
43. Gun, as an engine
45. Like some exercises
47. Vessel for storing drinks
48. Determined organism’s sex
49. Quartet member
50. Type of computer
52. Engages in
53. Chance occurrences
55. Arizona Indian
57. Alliance acronym
58. House
60. “I” problem
62. Big Apple inits.
63. “48___”

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Professors host Second Amendment discussion

By **SETH LITRELL**
progress@eku.edu

“A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.” This text, the Second Amendment to the U.S. Constitution, has been the subject of a lot of controversy over the past few decades. Some claim it clearly outlines the right to own guns. Others say it specifies that guns are only necessary for those involved in police or military service.

With so many people clashing over the subject, professors Jane Rainey and Thomas Parker led a discussion on the issue last Thursday in the Kennamer Room in the Powell Building.

The discussion, titled “Guns and Government,” was part of a weeklong celebration of Constitution Day, which was celebrated on Sept. 17. Rainey and Parker said the Second Amendment was chosen because the Supreme Court heard a recent case that examined gun restrictions.

The discussion began with a look at the text of the Second Amendment, focusing on the punctuation, which started much of the controversy. The second comma in the

amendment is usually what causes disagreement among people trying to interpret the words, Parker said.

“This amendment drives me nuts as someone teaching legal writing,” he said.

Parker explained that the reason the punctuation in the amendment is so awkward today is because there were changes made to it in the early days of the United States when it was being written.

The rest of the discussion focused on the various cases heard by the Supreme Court in which Second Amendment issues were involved. This included the 1876 case of U.S. v. Cruikshank, which discussed the difference between private and public militias.

“The Revolutionary War was fought and won by militias,” Rainey said.

However, these were state militias, as opposed to private militias with no state approval, she said. The issue was brought up when a private militia attacked a group of black free men. The court decided that while the Second Amendment allows for the creation of a federal militia for defense of the nation, it says nothing about the rights of private militias, Rainey said.

Parker and Rainey also covered the new 2010 case McDonald v. Chicago, which deals with handgun ownership

in metropolitan areas, as well as the Second Amendment’s role in state governments. Parker and Rainey stressed that the only entity the amendments applied to originally was Congress.

However, because of the belief that there are certain natural rights for everyone, the Supreme Court has used the process of “selective incorporation,” ruling that some amendments apply to state governments as well as the federal government. This was the case for the Second Amendment in McDonald v. Chicago, when the court ruled that all people have the right to use firearms in the form of self-defense.

“It’s probably safe to say that no case is the last word on it,” Rainey said, referencing the many times the Supreme Court has weighed in on the issue.

The professors then opened up the floor to questions from the students. One topic that came up was whether or not an amendment could be amended. A student wanted to know if the Second Amendment’s language could be changed to make the meaning more clear. Parker and Rainey said that is possible, as shown by the repeal of prohibition, but it is also very difficult. While that would be an option for resolving the issue, it would be very time consuming and controversial, Parker and Rainey said.

Technology center opens its doors

The much-anticipated Noel Studio opened its doors Sept. 20 as the nation’s only university technology center for creative reading, writing and curriculum.



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Tournaments

Eastern senior enters MMA ring

JESSAMYN DUKE, 24, WILL BE FEATURED ON AN UPCOMING PPV EVENT BROADCAST ON FOX SPORTS NETWORK

By ADAM TURNER
progress@eku.edu

At first glance, one probably wouldn't suspect anything unusual about Eastern student Jessamyn Duke. This 24-year-old senior is a fitness and wellness major and, like most students, stays very busy with her 18 hours of classes.

But little would you know that this girl could take you down in the blink of an eye.

Duke spends her evenings as an MMA fighter.

MMA, or mixed martial arts, is a popular form of fighting seen in Ultimate Fighting Championship (UFC) matches, which allows the use of multiple different fighting techniques and skills.

Though men are more commonly associated with the sport, a fair number of women, such as Duke, are stepping up and proving themselves as well. To say that she has accomplished a lot in a short time is a vast understatement.

"About half of those up there are mine," she said casually, pointing to a wall covered with gold medals and belts in her gym, the AFS Academy in Richmond.

She is the women's WMA (World Muay Thai Association) Welterweight champion. She has a blue belt in Brazilian jiu-jitsu and is a nationally ranked competitor in grappling. She's also a certified instructor for the Thaiboxing Association of the USA, and is one of only two certified instructors in the state, the other being her trainer and teacher Scott Elliott.

To achieve all of this requires an immense amount of commitment, and Duke certainly seems to have that covered. She typically spends two to three hours each day working out in some form, whether it's heavy lifting or running several miles around Richmond. And, it is undeniably time-consuming.

"You have to sacrifice a lot if you want to excel in this sport," she said. "A social life and free time take a backseat to training and schoolwork."

Her latest and greatest accomplishment came when she was asked to compete in an upcoming televised live pay-per-view event titled "Battle for Breast Cancer."

This will be the first ever all-female MMA fight card in Kentucky, and the matchup will include famous female fighters such as Kim Couture, Randy Couture's wife, and Cristiane "Cyborg" Santos, and will later be re-broadcast on FSN.

The opportunity is, without a doubt, a huge deal, she said.

"I am still simply shocked by this whole situation," Duke said. "I seriously just lucked into it and could not be more

grateful or excited."

How she "lucked into it" is a long story, beginning in 1986 in Whitesburg, Ky., her hometown. Born on June 24, Duke grew up in a very active household, with a mother who was a marathon runner featured in Runner's World magazine. Duke too became an avid runner and joined her school's cross country and volleyball teams. Her family moved to Richmond, and she started her college career at Eastern with hopes of obtaining an English degree.

Feeling alone in her new town and a bit bored, she decided to try something that she'd never done before, Duke said. She soon saw an ad for a kickboxing course online and immediately signed up. She quickly fell in love with the new challenge, and soon enough began learning a form of martial arts known as Muay Thai under the instruction of Eastern teacher Scott Elliott.

After several years, Duke earned the reputation as one of Elliott's best students, mastering a wide range of different fighting styles and techniques. In this time, she fought and trained with a large number of people, including a man from Louisville acquainted with the people in charge of the upcoming pay-per-view event. He mentioned to them how great of an athlete Duke was, and soon after, the deal was made for her to compete in the "Battle for Breast Cancer."

Elliott has been by her side throughout all of this excitement.

"We are all extremely excited for Jessamyn," Elliott said. "This is a great opportunity for women's fighting and I am very confident she'll perform well in the event."

Fellow training partner and assistant instructor Sean Kelly agreed.

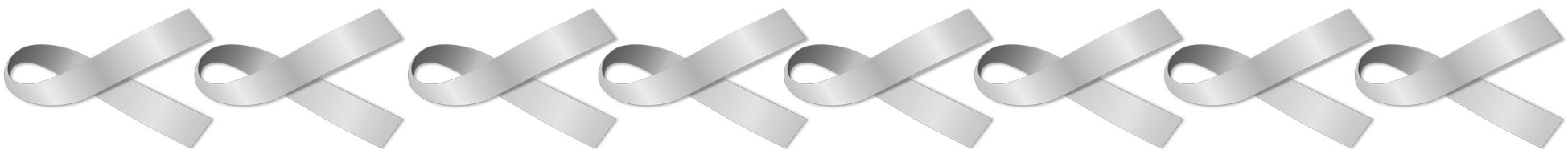
"I think it's tremendous. She has worked really hard for this and deserves every bit of the recognition."

When asked how she personally feels about her involvement in this competition and what she hopes to attain from it, Duke said, "I feel very fortunate for this opportunity to compete in a professional MMA competition. Fights like these help to build an athlete's "résumé" and make companies want to sponsor and pay you to fight, and I would love to make this sport my career."

Still, it is evident that she has more than a personal gain on her mind. "I really hope that



➤ SEE MMA, PAGE B3



Battling the blaze, beating the heat

EKU GRADUATE JAKE WARREN, 23, JUGGLES WORK, SCHOOL AND CO-OP AS A FIREFIGHTER

By Christina Crawford Bolton
progress@eku.edu

As a co-op fireman with the Richmond Fire Department, Eastern student Jake Warren puts his life on the line while maintaining a safe environment around campus. The 23-year-old grad student from Paducah, experiences the physical, emotional and mental drain included in fighting fires and practicing safety skills.

His firefighter job is "an opportunity through Eastern to work for the city. A good learning opportunity, you could call it," said Warren, who received certification in EMT and CPR on campus.

Warren's 24-hour work shifts rotate every third day at the Ladder 3 Fire Station. He is off work for 48 hours while the other two shifts are tending to the fire station. Warren is one of 12 Co-ops with the Fire and Safety Engineering program (FSE) between three fire stations in Richmond.

"Warren is a driven and determined stand-out co-op fireman," said Corey Lewis, public information officer with the Richmond Fire Department. "He's a hard worker who brings a different element to the fire service with his background."

Warren's introduction to all things fire-related started when he was a freshman in high school in Paducah. His friend's father was a fireman and Warren got to see firsthand what it was like to be one.

"One night I went down there (to the fire station) and I never stopped going," Warren said.

Warren's interest grew as he helped out with the rigs at the volunteer fire station.

"I couldn't fight fire until I was 18 though," Warren said, adding that his young age prohibited him from working due to insurance regulations.

These days, his 24-hour on-duty activities start early at 7 a.m. and include fixing broken equipment, cleaning the rig, checking the ladder, cleaning the fire station, training, dinner and sleeping at the station.

"He's a go-getter who knows his chores and tasks and he does them well," Lewis said.

"When Richmond flooded last semester all of the stations were dispatched," said Holly Harker, who is the prevention Co-op with FSE, and is one of Warren's roommates. "I remember showing up to bring (Jake and a friend) food and dry clothes, and there wasn't a dry spot on them. They were tired, wet and hungry, but they worked all night without complaining."

Warren juggles all the duties of being a firefighter alongside his three Safety, Security and Emergency Management night classes, and his Lab Technician job with Eastern's Fire Extinguisher laboratory, where he works five days a week.

"I am responsible for several buildings on campus, making sure the fire extinguishers are filled and in working order," Warren said. "If I find one that's not in good order I trade it out with one of the spares that I carry with me, and go back to the lab and refill the one that is not good."

September is campus fire safety month, so every Wednesday this month Warren's shared his knowledge with students, teaching them how to use an extinguisher.

The Richmond Fire Department, Eastern department of Environmental Health and Safety and Fire Extinguisher Lab have sponsored the event on Powell corner in

➤ SEE FIREFIGHTER PAGE B3



PHOTO SUBMITTED



TOP: Fire and safety engineering students, including Jake Warren, helped with demonstrations of the sprinklered versus non-sprinklered compartment fires.

LEFT: Jake Warren, a safety, security and emergency management graduate student, co-ops with the Richmond Fire Dept.



Graham Czach dedicates music to making a difference

CZACH WILL DONATE A PORTION OF HIS LATEST ALBUM PROCEEDS TO A LONG LIST OF NON-PROFITS
By KAYLIA CORNETT
kaylia_cornett18@eku.edu

Rising musician Graham Czach is all about making a difference. And, with a new album release on the way, he's hoping to open eyes and minds, the only way he knows how - through music and also by supporting non-profits, such as Greenpeace, Planned Parenthood, the American Cancer Society and the Art of Living Foundation.

The Chicago based singer/songwriter opened up to The Progress about his goals and inspiration for his album "Lucid," how he got his start and why music is what he calls "a universal language."

KC: I'm just going to go ahead and jump right in here, I've got some questions lined up for you, so I hope none of them are too hard *(laughs)*.

GC: Oh, it's all good. I appreciate it.

KC: Well, I'll start by asking you about your new album. How excited are you about your official record release on Oct. 15? Your album was also recently released on iTunes as well, so that has to give you some positive feedback...

GC: Yeah, it's really cool. It was a good process. The album turned out great; it much exceeded my expectations and I'm excited to do the premiere of the album as a show with the original line-up that's recorded on the album.

KC: OK, can you give me a little bit of background on what inspired your album "Lucid"? There's not really a title track called that, so how'd you come up with that name?

GC: Well, when you delve into the album a little bit more, there's a lot of potent messages on there, and universal messages. And, the thing that inspired me to put this out basically, and why I'm doing this finally after being a side man for years and years, is that I was just inspired by society right now, and the world and the state of it. Music is a great platform, it's a universal message, or a universal language, that you can convey messages through to anyone and everyone, and you have influence over people for them to listen to you and spread these messages. And, it's like in the '60s and '70s, I reference that because it has a lot of influence in my music, like The

Beatles and Zeppelin, and there was a lot going on back then where people were actually saying things in music, and having substance and messages. And, I feel like a lot of today's music that's out there is very materialistic and about sex and money, which is good, whatever. But, (music) is something that can make an impact on the world and change people's lives. I'm doing this for the music and for the people and for myself, to make a lasting difference, and if I can change people's lives after a show, after they listen to my music, after they listen to the album, and it can open up their minds or give them a perspective or an awareness that they didn't previously have, or inspire them to change their lives, then that's what life's all about and I feel like I'm doing my job and I'm satisfied no matter what.

KC: Wow, that was a really good answer *(laughs)*.

GC: I'm really passionate about it, and music nowadays, there's a lot of technology that covers it up, like the Autotune and some of it's OK, I'm not totally knocking on it or anything, what I'm doing is trying to bring back that movement, like in the '60s and '70s, where people were actually apathetic and actually took a part in something. And, I think music is a great way to do that. And, I'm bringing that organic music back, I guess, with a modern spin on it, it's still relevant in the 2010s.

KC: So, how would you actually describe your music? You've already mentioned that it has a bit of the '60s and '70s, but it also has a modern rhythm to it as well. So, that makes you really unique.

GC: Yeah, this is what I usually say because people ask me all the time, "So, what does it sound like?" *(laughs)* and, I go, "Well, you've kind of got to listen to it," but, to give you a reference, I don't like to put anything into boxes, or whatever, but just to give you a frame of reference, I would say '60s and '70s classic psychedelic rock, such as The Beatles, Pink Floyd, that type of stuff, mixed with a '90s grunge, like a Pearl Jam sort of vibe, and mixed with

➤ SEE GRAHAM, PAGE B3

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FIREFIGHTER

CONTINUED FROM B1

which students take a trainer extinguisher and try to put out a propane flame.

With the FSE program, Warren and others help build burn buildings, which consist of a quarter-scale of one room of a house.

“We’ll burn that to represent how fire would react,” he said.

In the event of a real fire, normally a person calls 911. The 911 Center is in the same building as the Madison County Fire Station No. 1, which is located on South Keeneland Drive.

“We listen for a certain tone and that gets our attention, and then they will start dispatching for a house fire or whatever it is,” Warren said. “The city of Richmond has a good fire prevention program. Fires are on the decline, which is good for home owners.”

Warren said he fights approximately 20 to 30 fires a year, between his Co-op job with Eastern and the fire station in Paducah during the summer breaks.

And while he considers each fire he fights a learning experience, some are more painful lessons to learn than others.

“The worst call I’ve ever had involved a boy and his friend who were playing with lighters and matches in an old trailer,” Warren said. “Somehow a bed caught on fire and the boy’s friend got out but he didn’t. Long story short, he didn’t make it.”

Warren’s disposition changed as he re-

called how the boy’s mother showed up looking for him since they lived in a house on down the road.

“She started hollering for him because she thought he was in the woods. We knew where he was, but she didn’t believe it. So that was hard,” he said.

“Trailer fires are hard to fight because they go so quick. The fire had done its work before we could make a difference,” Warren said. “We always make an effort, but we can’t reverse what’s already been done.”

Warren said he’s never physically run through the flames and saved someone.

“Very few firemen actually get to do that,” he said. “I’ve heard that once you get to do it though, that it’s the best feeling.”

Warren has cut people out of car wrecks.

“I do it all the time,” he said. “Since I’m at Station 3, I make runs to the interstate a lot.”

Outside of work, Harker claims Warren is easy to live with.

“He’s a great cook,” Harker said. “I often catch things on fire if I even attempt to boil water, so he keeps my belly full.”

Warren’s master plan is to get out of grad school and become a regular fireman somewhere. He’d also like to “teach fire stuff” at a community college.

“Jake has built relationships with the other firemen. They respect (Jake) and he respects them,” Lewis said. “If you were to see Jake and the other crew fighting a fire, you wouldn’t be able to tell which where the real firemen and which were the Co-ops. Jake blends right in.”

MMA

CONTINUED FROM B1

this competition will inspire other people, especially women, to get involved with the sport,” she said. “I hear girls my age all the time say, ‘I could never be like you. I could never fight or train like that.’ Well, I was once in their shoes and I know from experience you can do this. It can change your life for the better.”

Duke said she also hopes to bring more attention to women’s fighting as a legitimate sport.

“It is obvious that right now women’s fighting doesn’t get nearly the amount of respect as men’s does,” she said, “which is really a shame because there are some incredibly talented women competitors out there. Hopefully events like these can help change that.”

The “Battle for Breast Cancer” event will take place in Florence, Ky., and will be available on pay-per-view Oct. 2 at 6:30 p.m.

For more information, go to www.aamma.net. To learn more about martial arts, check out Scott Elliot’s gym at www.afsacademy.com.

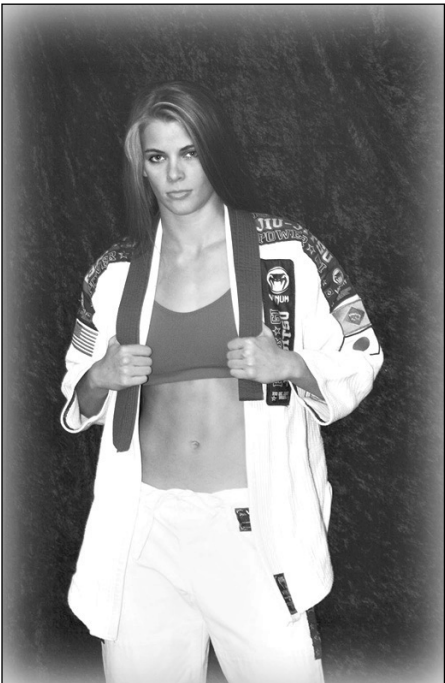


PHOTO SUBMITTED/PROGRESS
EKU Senior Jessamyn Duke

GRAHAM

CONTINUED FROM B2

a more modern singer/songwriter, like Radiohead, you know, those modern, dark melodic rocks. All those influences are some of my main influences. But, one thing that I will pride myself on over anything else, is that I sound like myself, especially in today’s day and age where it’s just so overwhelming in the vast music market where there is just so much stuff out there, that to really make a difference, you just really have to be yourself. And, the legends that you hear, that you know, instantly, you can tell it’s them by their voices. I feel like regardless of what I’m doing it’s still original. You only hear influences ... (my) music sounds like me, it’s straight from my heart, and it’s from me. I’m not trying to be like anyone else.

KC: OK, so I’m going to kind of switch gears here. How did you actually get your start in music?

GC: Well, I started playing, originally when I was about seven or eight, on bass and then upright bass, and orchestras and ensembles in school and then bands with my brother and other people. And, then when I was 14 or 15 I started this band Skalawags, it was this punk/rock band. And it featured the guy who was on my album, Kris Myers, the drummer from Umphrey’s McGee and he’s a good longtime friend of mine. And, it’s cool, we kind of came full circle on this album. But, (this high school band) that’s when I started performing professionally, and actually making some money. And then, I continued from there, through college (Illinois Wesleyan University). I went to college for a bachelor’s in music and upright bass performance and a double major in composition, and a minor in business. And, then it kind of went from there, and I graduated, and I’ve just kind of been a professional musician ever

since then.

KC: So, have you already been on tour then, or is it in the works?

GC: I have been on several extensive tours all over the United States and the world, but that’s with different bands. This band of mine now, it’s our first show that we are playing Oct. 15, it’s our CD record release party, and then from there I’m going to look into booking and management with this project.

KC: So, where do you get a lot of inspiration to write your music, just through observation and experience?

GC: Yeah, I would definitely say from the messages, like seeing the injustices of our world and how I want to change it. But, also it’s from the little things in life that you really appreciate. The loved ones, you know, the emotions and the feelings that run through you. It’s very healing and therapeutic for me. I don’t know what I would do without music. It’s kind of like my...it’s a muse you know. I find it, like walking outside on a nice day or the ocean, just the energy of different places and the feelings you get and the different experiences you have in life too. Basically, you can (interject) your life experience into the music.

KC: I listened to your song “True Love” and it kind of has a different feel than your other songs; what can you tell me about it?

GC: I actually dreamt that song, I woke up in the morning and I had that melody in my head, you know the “*True love, never felt like this before*” (*singing*), like that part, and it kind of progressed on, and I woke up and I had it in my head, and I was just like, “Whoa” (*laughs*), and I grabbed my guitar and tried to put some chords around it and just played it and it just came out. It wasn’t necessarily an inspiration from a girlfriend, but it kind of turned into different meanings over the years.

KC: Well, thanks so much for talking to me.

GC: Yeah, no problem. Take care.



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Email:
pjoewood@vineyardrichmond.com
Website: VineyardRichmond.com
Service: Sunday at 9:30 and 11:00 am

First United Methodist Church
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Across from Lancaster and Main Street
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More info: contact Stacy Jordan at: youngadults@richmondumc.org

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GPA

CONTINUED FROM B6

spring, the highest number of the decade.

On top of classes, homework and exams, athletes have practice, mandatory meetings, training and road trips.

“Time management is probably the most important thing as a student athlete,” senior member of the football team, Emory Attig said. “You have to really set aside certain blocks of free time to read this chapter or finish the paper. If you don’t you’ll wake up the next morning and realize you didn’t get something done. That also adds stress on you. I think if you don’t manage your time ahead of time, you won’t get anything done.”

Student athletes know establishing a relationship with their teachers is important.

“It’s really important to stay in touch with your teachers ahead of time and let them know what days you’re going to miss,” Fant said. “I try and get all of my work ahead of time and turn it in before I leave for trips. And I get all my notes from classmates. All of the teachers here are good about helping you out. They are understanding.”

When players go on away games the effort of keeping up is taken with them on the bus ride. Most trips average about four to six hours each way and most of that time is set aside for finishing homework, typing papers, studying and reading. And any down time between team meetings at the hotel is not wasted as textbooks and flashcards invade the rooms, too.

“The bus ride is spent very much doing homework,” said senior volleyball player Abby O’Connor, an environmental studies major. “You usually have to take a laptop with you to the hotel and use the down time to do assignments and finish whatever.”

“I sometimes get motion sickness but I try my best to do homework on the bus,” senior soccer player Stephanie Lynch said. “There is that chunk of time that you have to focus on getting your work done.”

Another helpful tool that most student athletes utilize is the Bratzke Student-Athlete Academic Success Center.

Student athletes can use the Bratzke Center for studying, re-

questing and meeting with student tutors, checking their e-mail, or advising. Tutoring is free for all student athletes. The Bratzke Center houses a tutoring center, a 27-station computer lab, academic advising office suites, as well as a teaching classroom and quiet study area.

“The Bratzke Center is great,” Shrimpton said. “They have tutors and a quiet room where you can study. Sometimes the library is really loud, so it’s good to have that place to go. Their staff is great, too. They can help you with all your academics and stuff other than school.”

Another facet of life that isn’t as normal for student athletes is having the social life that accompanies many college experiences. Many times the student athletes’ mornings start before seven and don’t end until late in the evening. After doing homework and studying, there isn’t much time to go to parties or hang out late into the evening.

“The balance between setting aside time for yourself is something that’s really hard,” Attig said. “And the balance between a social life and school is even finer. You have to keep your social life and your grades up. There is going to come a time when you have to choose to study or hang out with friends. Something has to suffer.”

Dating is also something difficult to mix in. Finding a partner who understands the amount of time put into school and sports is hard to find.

“It’s hard to date and be a student athlete,” Fant said. “I tried last year and my grades slipped bad. You have to choose between the two sometimes. One of them has to suffer.”

“I go on dates but usually there isn’t much time to go looking for them,” Shrimpton said. “I’m not a type of guy who will date someone high maintenance. They have to understand that I have to set aside time for school and for baseball. I have a busy schedule and they can’t chew me out because I don’t have time for them some days.”

For Sandy, there is a fine line that these student athletes have to abide by. If you miss class, you will not play.

The NCAA standard to stay eligible is a 2.0; fall below that and the Colonel coaches will dish out the discipline.

“We have a situation right now



TREY BURKE/PROGRESS

Stephanie Lynch is a member of the women’s soccer team that averages a 3.37 GPA as a whole.

where a coach is holding a player out because he didn’t go to class,” Sandy said. “That is the type of message you want to send. Playing time is very important to student athletes. These are our rules and this is what you have to follow if you want to play on this team. If you want playing time, then you need to make sure you take care of things off the field.”

The success rate of these student athletes also works wonders for the university as a whole, and plays a big part in recruiting.

“Our GPA is something that helps and that we use as good PR for our department and for the university,” Sandy said. “We use our high Academic Progress Rate in recruiting athletes and their parents, PR, alumni and also with faculty because it shows them we take academics very seriously.”

The APR, done by the NCAA, calculates the graduation rate and GPA of each individual sport. Eastern’s football team has the highest APR of any public university in the state and also in the Ohio Valley Conference.

Coaches understand that first and foremost these players are here to get a degree. Athletics is secondary.

“One thing Coach said to me when they were recruiting me, was that I was going to get a degree,” O’Connor said. “That made a big impression. She is big on getting good grades and going to class.”



TREY BURKE/PROGRESS

Emory Attig is a junior defensive lineman for the Colonels. In high school, he was a three time scholar-athlete winner.

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13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72

Puzzle 1 (Medium, difficulty rating 0.53)

9	1	8	6	5	3	4	2	7
2	6	7	4	1	9	8	5	3
3	5	4	2	7	8	6	9	1
5	8	9	3	4	2	7	1	6
4	7	1	5	9	6	2	3	8
6	3	2	1	8	7	5	4	9
7	4	6	9	3	5	1	8	2
8	9	5	7	2	1	3	6	4
1	2	3	8	6	4	9	7	5

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Volleyball drops Tennessee Tech in OVC opener

Finish off weekend with loss to Jacksonville State

By CHRIS MCGEE
progress@eku.edu

After opening up Ohio Valley Conference play with a win against Tennessee Tech Friday night, the women's volleyball team looked to continue its hot streak against Jacksonville State.

The Colonels know the Gamecocks all too well. Last year, the Gamecocks (6-7, 1-1) were undefeated in conference play with a 16-0 record, but lost to the Colonels.

In the teams first meeting this year, Eastern (2-9, 1-1) started off hot again, winning the first set 30-28, but dropped the final three sets 25-22, 25-16 and 25-19.

Although a couple of players had respectable numbers, overall the Colonels were out-hit and out blocked.

The Gamecocks out-hit the Colonels .269 to .135. On the defensive side, the visitors had more than twice as many blocks as the Colonels, 12-5.

"We came out and competed in game one," Coach Duncan said. "Game two was close."

Duncan said the Colonels lost the momentum in game three when Jacksonville ran a long 8-0 rally.

Midway through the third match, Duncan called a timeout.

"We need to penetrate and protect the net," she said. "We aren't blocking their side of the net."

Duncan added that the team missed the play of sophomore Toni Michalski, out because of injury, who she said possessed a strong desire to stand and fight.

"We missed her aggressiveness in the game," Duncan said.

Saturday's loss came after an opening Ohio Valley Conference win against the Golden Eagles (2-1, 0-1 OVC).

"We were two different teams," senior Lauren Snyder said. "In the first game (against Jacksonville), we stepped up. The second game we played pretty good. But then in games three and four, we were less enthusiastic. Also, Jacksonville had better blocking defense."

With an upcoming stretch of three straight road games, against three of the top five teams in the OVC, the Colonels acknowledged that they're going to have to bear down to chalk up some wins.

"Each person on the team needs to step up and take a leadership role," said Lauren Snyder, one of the Colonels outside hitters.

"Each person on the team needs to step up and take a leadership role," Snyder said.

The Colonels next game is Friday, Sept. 24 on the road against Southeast Missouri.



SONYA JOHNSON/PROGRESS

Lauren Snyder, center, bumps the ball to Autumn Harms, right, during Eastern's opening night OVC win over Tennessee Tech.

ZANCAN

CONTINUED FROM B6

breath, relax and drink a nice glass of skim milk. Or go out and beat the tar out of your next opponent. It all works itself out in the end.

Sometimes losing is the best remedy. It is the best medicine. It makes you step back and look at what you have. At the end of the day, the rollercoaster ends and you can get off the ride, and get ready to ride the next one.

- My friend Brad and I attended the Cincinnati Bengals and Baltimore Ravens game Sunday. Here are some random thoughts from start to finish.

As we walked to the stadium, a school bus with the word "candy" on the side of the bus drove by. Let's just say the crowd of people walking had no idea what to think.

Congressman Steve Chabot, who served as congressman in Ohio's First Congressional District, stood in front of the admission gates shaking hands and looking for supporters. Cincinnati fans are in attendance to yell "Who Dey," not shake hands.

I have never seen so many jerseys before. Even my friend made the comment that he thought football jerseys were out of fashion. At least 70 percent of the fans sported jerseys. Great support.

One jersey had "Grandma Who Dey" on the back, custom designed.

The atmosphere was great. I am not a Bengals fan (Packers first) but I must say the fans are pretty die-hard and the pregame festivities are great. Bands playing pregame parties, free food, jets flying overhead and a Cincinnati firefighter singing the National Anthem, capped off an interesting day.

Speaking of interesting, someone owned a Cincinnati Bengals hearse. It was decked out in Bengals colors and logos. Weird.

Drunken people at football games can be one of two things, either extremely funny or irritating. A drunk guy next to us wore a shirt that said "Shittsburgh." It was custom made and just a slight jab at the Pittsburgh Steelers.



SONYA JOHNSON/PROGRESS

Eastern's offense scored six goals, in two games, over the weekend.

SOCCER

CONTINUED FROM B6

was worth it. "On Friday I didn't score, (but) I guess it paid off today," she said.

The Colonels' offensive players were not satisfied with the lone goal, though, and their aggressive tempo paid off later on in the first half.

In the 42nd minute of the game, freshman Lauren Fant added

an insurance goal for the Colonels, which turned out to be an important move.

"It felt very good to score today because it was my first goal of my career," Fant said. "They (University of Detroit Mercy) are only 30 minutes from my house so it felt great."

The Titans' offense never gave up and put an enormous amount of pressure on the Colonels' defense, registering 12 shots in the second half.

In the 77th minute, the Titans made a dent in the Colonel's armor. Freshman Titan Abby McCollum, was able to put the ball into the back of the net from 12 yards out.

Despite the setback, the Colonels' defense held off the rest of the Titans' offense for victory.

The Colonels take the field again Friday against the defending OVC champion Murray State University (1-7-2).

The team members are planning to use then energy from their recent wins and the lessons learned from their losses this season to prepare for the matchup.

"We have to come out every game and work hard to get a result," Fant said. "It's not going to be easy the whole way through."

The Racers ride a six game losing streak as they make the trip to Richmond. Murray State had an extremely tough non-conference schedule, facing teams such as the University of Tulsa, Oklahoma State University, Louisiana Tech University

and Western Michigan University.

The Colonels have to continue to focus on some key areas if they are to be successful against the Racers and the rest of the OVC.

"I think the biggest key is to stay true to who we are as a team," Basalyga said. "We will have to stay disciplined and take care of details."

Another key area that the Colonels will have to continue to work on to be successful is game management.

"We're going to have to be able to manage the game, defend well and score," Fant said. "We cannot drop down to anyone's level and do battle the whole time."

The Colonels will have to win on the road if they wish to make a run at the OVC Championship.

The coming weekend will be a full one for the team as they welcome the Racers on Friday at 4 p.m. and then host the University of Tennessee at Martin Sunday at 1 p.m.

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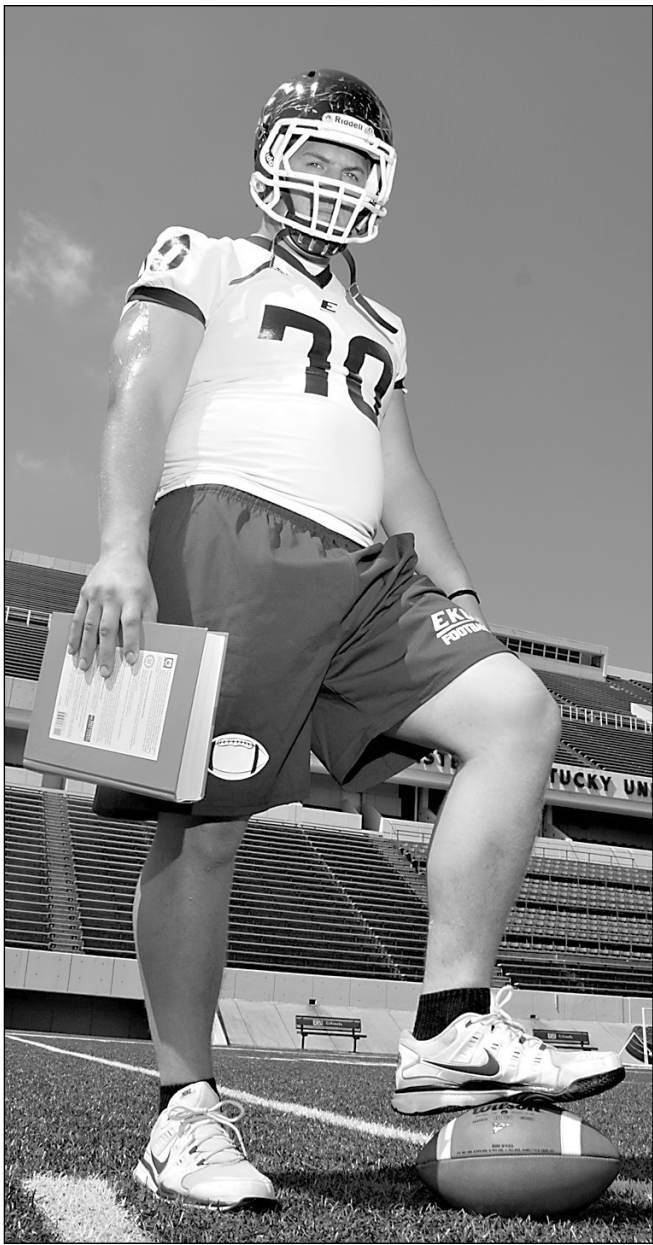
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Emory Attig, left, Stephanie Lynch, center, and Brian Shrimpton, right, all have contributed to Eastern's academic success off the field. Eastern student athletes posted a combined 3.09 GPA last spring; the highest it's been the last decade.

Eastern athletes make the grade

Eight of Eastern's 15 teams
averaged a GPA of 3.0 or higher

By RYAN ALVES
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Wake up and eat breakfast. Head to the gym, lift weights and train. Visit the trainer's office for treatment. Go to class. Eat lunch. Head back to class. Go to practice. Eat dinner. Finish homework and study. Sleep.

Wash. Rinse. Repeat.

This is a typical day in the life of a Colonel student athlete.

For Eastern, having athletes who are successful on the field of play is typical. But unlike some of the more notable state universities, the Colonels also excel in the classroom.

Last spring, Eastern student athletes earned the highest average grade point average in the past decade — a 3.09. That's the type of self-discipline and hard work Director of Athletics Mark Sandy expects from his Colonels.

"We emphasize that our coaches recruit students who

are talented enough to play for us," Sandy said. "But we also want those who have an academic background and the ability to graduate."

But the life of a Colonel student athlete is not a comfy, stroll in the park.

"Trying to find the time to get everything done is the hardest part," senior baseball player and pre-med student Brian Shrimpton said. "We put in a lot of hours. And getting the work done after getting out of practice late in the evening is tough."

Other difficulties include: handling the pressure of maintaining individual success, preparing for the step from high school to college in terms of work and practice load.

Junior Kara Fant, physics major and member of the women's golf team, posted a team-high GPA of 3.9 for the spring term. Fant said she loves playing golf and if given the opportunity to play past college, she would. But she also doesn't underestimate the importance of getting her degree and making the most out of her education.

"My education is extremely important," Fant said. "Golf is important too, but I'm trying to get into grad-school. I want to get my masters in engineering."

For spring 2010, eight of the university's 15 varsity teams averaged a GPA of 3.0 or higher. Five more teams matched their best GPA of the decade. Men's tennis (3.48), women's soccer (3.37), volleyball (3.37), women's golf (3.32), men's cross country (3.27), women's tennis (3.27), women's cross country (3.21) and women's basketball (3.09) were the eight teams to earn a 3.00 GPA or higher for last spring. The ninth and tenth teams, men's golf and men's track, posted a 2.99 and a 2.96 GPA respectively.

Twenty-five student-athletes had a 4.0 grade-point-average for the spring 2010 semester. For the fall 2009 semester, 50 percent of the Colonel student athletes had a 3.0 GPA or higher. Eastern had 66 student athletes earn a spot on the dean's list in the

➤ SEE GPA, PAGE B4

***"Trying to find the
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hours."***

Brian Shrimpton
Senior baseball player

Losing is a tough pill to swallow



Losing is one of the hardest things athletes have to deal with. Injuries might be up there as a close second, but losing a game just leaves a bad taste in your mouth.

The different levels of games make it even harder. If it's a preseason game, well, take it as a learning experience. If it's a regular season, it's a tough pill to swallow. A playoff or championship, on the other hand, means you need to have the Kleenex ready.

We've seen the start of a few losing streaks this year in volleyball and football.

As an athlete, I have been a part of the winning streaks and the losing streaks. I've been on a team that's gone undefeated, and I've been a part of a college team that was always defeated. Losing can take an emotional toll on you. Heck winning can take a toll on you.

Just ask Coach Mark Dantonio of the Michigan State Spartan football team. After the dramatic overtime win against Notre Dame (I'm still in tears over that one), Dantonio had a heart

attack.

The win may have nothing to do with his condition, but sports can be an emotional rollercoaster.

The football team rides a losing streak of six (dating back to last season). Volleyball is back on the winning track, but they too suffered a few setbacks.

It's all in the personal approach to the game. Some people give up and never recover. But I don't believe that's the case with Eastern teams.

Athletes are humans and sometimes they just want to walk away, throw off the helmet and say (bleep) it.

I am sure after three losses the football team is irritated and displeased with the results, but they're fighters. With the chance to beat up the OVC, a mere three losses is just a bump in the road. Coach Dean Hood will have his team ready for Kentucky State.

The nice thing about a losing streak is once you win, the monkey is off your back and the game gets easier.

When you lose, you find everything wrong with your game and want to make changes just to make changes. The key is to just take a

➤ SEE ZANCAN, PAGE B5

Offense shows signs of life in 4-0 over Presbyterian



SONYA JOHNSON/PROGRESS

Freshman Brittany Nomady, left, wins a volley against Presbyterian College's Emily Boggus. The Colonels shut out the Blue Hose 4-0 at home.

By STEPHEN HAUSER
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A breakout offensive performance against Presbyterian College gave the women's soccer team hope heading into their contest with the University of Detroit Mercy.

After scoring four goals, in a 4-0 shutout win, Eastern (3-4-2) pulled off a 2-1 rare road victory over

the Titans (3-3-3).

And the change of pace is coming at a great time with OVC play beginning Friday.

"I'm very proud of them and the work that they put in," Coach Lindsay Basalyga said. "I'm proud of the focus to come back after a good win on Friday and refocus themselves for a new game on Sunday."

The Colonels didn't waste any time setting the tempo of the game. Senior Alex Raich took the opening kickoff, exploiting what the defense gave them and blasted the ball into the back of the net from five yards out.

Raich said scoring the goal made

➤ SEE SOCCER, PAGE B4